



# The May 2015 Navigator



Check out NSN on [Facebook](#) for updates and events! Search: Naval Station Norfolk

## It's getting hot around here!

There are things that can be done to help stay cool and conserve energy at work, home, and in vehicles.

- Close blinds and curtains that let in direct sunlight during the heat of the day.

- Wear appropriate clothing that will help you stay cool and drink plenty of water throughout the day.

- Don't use the AC more than needed or set the temperature lower than needed or mandated.

- Use ceiling fans or portable fans when you are home. Turn them off when you are away.

- Park in shaded areas or use sun shades to keep your vehicle's cabin cooler.

- Drive with the windows open for a short time before using the AC. This lets hotter air out of the cabin first, puts less demand on the AC, and helps your vehicle cool faster.

- For plug-in hybrids and electric vehicles, pre-cooling the cabin while plugged into the charger can extend your vehicle's range. Also, using a warmer temperature setting for the AC will use less battery power.

- Avoid aggressive driving. Speeding and rapid acceleration and braking can lower your gas mileage by as much as 33 percent at highway speeds and 5 percent around town.

## S.T.E.M. at the Sailing Center

Beginning in May, the Sailing Center will engage students in experiential learning that builds confidence, teamwork, and leadership skills. Combining sailing and science, our Reach after school program provides a perfect framework for a STEM curriculum that engages today's youth for tomorrow's careers. Call the Sailing Center at 444-2918 for more info or to request a brochure.

## Pre-Deployment Brief

TPU Norfolk is hosting a Pre-deployment briefing at 1000, 7 May in Building J-50. The briefing will cover standard Navy policy and business rules concerning Separations, Medical Boards, Limited Duty, Administrative Separations, Pregnancy, and onward transportation while units are deployed. The briefing is intended for all deploying units, whether imminent or downstream. To RSVP or for further information, please contact [Mr. Richard Green](#) at 444-4469.

Get the latest MWR information  
in the new  
[Naval Station Norfolk Sea and Air](#)

## Events of Interest

**1-3 May: [Family Enrichment Retreat](#)**  
(To register call CREDO Norfolk at 444-7654)

**3 May: [Sunday School Series – Creation](#)** (1030, David Adams Memorial Chapel)

**5-6 May: [ASIST Workshop \(Applied Suicide Intervention Skills Training\)](#)**  
(To register call CREDO Norfolk at 444-7654)

**6 May: EM Working Group Meeting**  
(1000, B-30)

**6 May: Monthly Giant Voice Test**  
(1200)

**7 May: [National Prayer Day](#)** (0630, Galley)

**7 May: [Heroes at Home Recognition Luncheon](#)** (1130, Norfolk Waterside Marriott)

**9 May: [Armed Forces Night at the Tides](#)** (1905, Harbor Park vs. Buffalo Bisons)

**10 May: [Sunday School Series – Creation](#)** (1030, David Adams Memorial Chapel)

**13-14 May: PSD Afloat Atlantic CPC Refresher Training** (0800-1500, A-133)

**16 May: [Eric Blehm book signing Legend](#)** (1100-1300, NEX)

**16 May: [Surface Warrior Ball](#)** (1800-2400, Norfolk Waterside Marriott)

**17 May: [Sunday School Series – Creation](#)** (1030, David Adams Memorial Chapel)

**17 May: [Fred Foote book signing Medic Against Bomb: A Doctor's Poetry of War](#)** (1100-1230, NEX)

**23 May: Fleet Recreation Park Outdoor Pool opens for summer season** (FRP-2, 1100-1800 weekends only until June 19th, 444-0870)

**24 May: [Sunday School Series – Creation](#)** (1030, David Adams Memorial Chapel)

**24 May: Christian Pentecost** Regular Sunday services

**24-25 May: Jewish Shavuot**

**30 May: [Anchor Scholarship 5K](#)**  
(0815, PA House)

**31 May: [Breezy Point Triathlon](#)** (0800, SP area)

## Links:

[NSN](#)  
[Navy News](#)  
[The Flagship](#)  
[FFSC](#)  
[Safety News](#)  
[MWR](#)  
[Housing and Lodging](#)  
[Environmental](#)  
[CPO Scholarship Fund](#)  
[NMCRS Education](#)  
[Navy Exchange](#)

## Info:

[SNA](#)  
[ANA](#)  
[NSL](#)  
[HR Navy League](#)  
[USO HR](#)  
[Navy College Office](#)  
[Military Child](#)  
[Education Coalition](#)  
[Hampton Roads](#)  
[Naval Museum](#)

## Motorcycle Training

According to the National Highway Traffic Safety Administration, in one year 2,624 of all motorcycles (52%) involved in fatal crashes collided with another type of motor vehicle. In two-vehicle accidents, 75% of the motorcycles involved in motor vehicle traffic crashes collided with the vehicles in the front of them. Only 7 percent were struck in the rear. Motorcycles are more likely to be involved in fatal collisions with fixed objects than are other vehicles.

You may have heard recently the Navy lost a local Sailor to such a motorcycle accident. Although scheduled for a class, there was no confirmation motorcycle training was received.

The motorcycle class range segment provided at Sewells Point Safety Office (building KBB) teaches riders life safety skills to include maneuvering their motorcycles to avoid accidents. As always, it's difficult to count lives saved, but if a Sailor intends to ride a motorcycle (on or off base) they must complete the BRC prior to operating a motorcycle. Civilians are welcome to take training but are not required.

Please ensure your military personnel are aware they must report if they own or plan to purchase a motorcycle. If so, stress they must receive the BRC training prior to operation and follow on training. Quotas are available in [ESAMS](#). If for any reason a quota is not available within 30 days of request, contact the Sewells Point Safety Office at 322-2351/2437 to ask for more classes. Thank you for your ongoing efforts to protect our most valuable assets!

## Check Your Periodic Health Assessment Checklist

Service members are encouraged to get their PHAs done during their birth month. This allows for continuity of physical exams and ensure better access to quality care.

Remember to complete all lab work and dental exams. You cannot complete your PARFQ or take the physical readiness test (PRT) until the yearly physical portion has been obtained. Please help our clinics expedite this process by staying on top of your own medical readiness profile.

**Comments or feedback encouraged:**

**Contact [NSN PAO](#). Visit our [Facebook Page!](#)**